



December 31,
2021



09:00am
to 05:00pm



Pakistan Society for
Training & Development

DEVELOPING EMOTIONAL INTELLIGENCE

WITH TAZEEN MOHSIN

INTRODUCTION

In today's constantly changing and dynamic world, our success largely depends on our ability to read other people's behaviors, and react accordingly to them. This workshop goes far beyond "people skills" right into the essentials of emotional intelligence in a language anyone can understand. It will provide you with the practical skills and motivation you need to improve all your work relationships, reduce stress and frustration and lead yourself to success.

LEARNING OUTCOMES

- Develop an awareness of EI models and recognize the benefits of EI.
- Expand your knowledge of emotional patterns in yourself and others.
- Understand how you use emotion to facilitate thought and behavior.
- Positively influence and motivate colleagues, team members, managers.
- Increase satisfaction and fulfillment at work.
- Recognize how your feelings, reactions and emotions—and those of others—affect your work relationships.
- Keep yourself and others from overreacting in emotionally charged situations.
- Anticipate problem situations and the underlying emotions and be prepared.



PKR
Fees:
28,000 + Gst



Location:
Classroom



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PROGRAM OUTLINE

- ✓ Emotional Intelligence in Today's Workplace.
- ✓ Why emotional intelligence has become the hot skill in today's workplace.
- ✓ The link between emotional intelligence and performance.
- ✓ What is emotional intelligence? The core competencies of emotional intelligence.

INCREASE PERSONAL POWER BY UNDERSTANDING OURSELVES

- ✓ The crucial importance of self-awareness—the single most important building block of emotional intelligence.
- ✓ Understanding personal derailers that have the potential to limit our progress.
- ✓ Overcoming personal impulses that can lead to derailing behaviors.
- ✓ Developing a personal plan.

OPTIMIZING OUR EMOTIONAL ENERGY

- ✓ Navigating emotions and transforming them into positive ones.
- ✓ Empowering our "Inner CEO" to improve self-control and emotional regulation.
- ✓ Practice in-the-moment tools to pause, reflect, and navigate challenges while staying balanced.
- ✓ Bounce back faster with a physiological stress management response.

OPTIMIZING OUR EMOTIONAL ENERGY

- ✓ Emotional intelligence as a great motivation tool.
- ✓ The unwritten rules when helping others manage their emotions.
- ✓ Increase your ability to create effective working relationships with others (peers, subordinates, managers, clients).
- ✓ Be comfortable and calm with all types of communication styles.
- ✓ Asking the right questions to clarify feelings and find common ground.



TRAINER PROFILE

Tazeen Mohsin is a thought leader and the Chief Culture Officer for AQUITY. She is an organizational and an associate clinical psychologist with 8+years' experience working with individuals and corporates. She has designed and executed innovative recruitment methodologies (gamified solutions) along with leading traditional assessment centers focused on hiring, promotions and training needs for more than 3000 employees. She also served as an advisor for a psychometrics startup company based in Germany.



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